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layers of plastic, wherein the plastic of the foamed intermediate layer is a mixture of a first, rigid polymer component being selected from the group consisting of high density polyethylene and high melt-strength polypropylene and a second ductile polymer component being selected from the group consisting of low density polyethylene and polypropylene, wherein the mixing ratio of the first rigid polymer component to the second ductile polymeric component in the foamed plastic layer is between 1:3 and 3:1, and said plastic of the outer, solid layers is the same as said rigid polymer component of the foamed intermediate layer.
